

Session Outline – Week 4	Video Topic	Points to Emphasize	Handouts/Supplies
<ol style="list-style-type: none"> <li>1. Check attendance and distribute name badges.</li> <li>2. Divide into 2 small support groups (10-15 per group is ideal).</li> <li>3. Support group topic – “How are you doing this week?” “What changes do you see in your body?”</li> <li>4. Show Week 4 DVD.</li> <li>5. Review “Points to Emphasize.”</li> <li>6. Collect name badges.</li> </ol>	<ul style="list-style-type: none"> <li>• Exercise; focus on large muscle groups</li> <li>• Freedom</li> </ul>	<ol style="list-style-type: none"> <li>1. Begin walking ½ mile per day. In a month, build up to 2 miles/day or about 40 minutes.</li> <li>2. Continue on 21 mg patch dose for three more weeks or if on gum or lozenge- should be down to no more than 9 pieces per day by next week.</li> <li>3. Remember – “Do what Dr. Cooper and Dr. Clayton say and you WILL succeed.”</li> </ol>	<p><u>Supplies:</u></p> <ul style="list-style-type: none"> <li>• Attendance sheet</li> <li>• Name badges</li> <li>• DVD/TV</li> <li>• DVD 13:13</li> </ul> <p><u>Handouts:</u></p> <ul style="list-style-type: none"> <li>• Burning Calories for Health and Fitness</li> <li>• Making Physical Activity a Regular Part of the Day</li> <li>• The Activity Pyramid</li> </ul>

